



MATURE ADULTS-FITNESS



ACTIVE FOR LIVE PROGRAM for Life® Program

Thursdays 1:00 p.m. - 2:30 p.m.

March 15, 2007 - June 7, 2007

Active for Life® is an easy and enjoyable 12-session, behaviorally-focused, group motivation program that helps healthy but less active adults increase physical activity. Rooted in principles of cognitive psychology and based on research into lifestyle change, the program provides life management tools to help participants overcome their barriers to increasing physical activity. The program is designed for midlife adults who already know they should be more physically active but say: "I can't find the time," "I haven't found any activities that I enjoy," "I've tried other programs and not followed through," "I don't want a traditional exercise class, gym membership or tapes," and "I need motivation, direction and accountability.

Participants learn how to develop realistic, achievable physical activity goals; use self-monitoring techniques to document their progress; anticipate roadblocks that could threaten the success of their physical activity program; create incentives to help them stay motivated; recover from lapses into inactivity; and make physical activity a lifelong habit.

Active for Life® is not an exercise class! Between classes, participants infuse their total daily routines with 5-, 10-, and 15-minute increments of moderate activity that add up to the minimum 30 minutes of physical activity recommended by the US Surgeon General. They find pockets of time while shopping, talking on the phone, watching TV, going to medical appointments, babysitting with grand-

children, volunteering or at work, and otherwise pursuing ordinary daily life. Thus, Active for Life® is a practical solution to the challenge of becoming more active. Active for Life® was developed by the renowned research organization, The Cooper Institute, Dallas, and Human Kinetics Publishers.

Fee: \$87.50 includes tuition for 12 sessions, textbook, class handouts, and step counter. Minimum 10 participants required.

Information and Registration: Please call the Active for Life® Center of the National Capital Region, (703) 807-5855.

HEART AND SOLE SEATED EXERCISE PROGRAM s/c

Seated and Standing Participation Options

Instructor: Cheryl Bartholomew or Joey Wagner

This aerobic, strength and flexibility program of chair-assisted exercise is for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, light hearted music (B"way hits, big band, swing, oldies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout **in a chair**, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout!

NOTE - NO CLASSES THE WEEK OF FEBRUARY 27 - MARCH 3.

January 2 - March 6

342476 A1 - T - 12:30 p.m. - 1:30 p.m.

Fee: R \$60 / NR \$75 - Ten sessions

January 5 - March 9

342476 B1 - F - 12:30 p.m. - 1:30 p.m.

Fee: R \$60 / NR \$75 Ten sessions



NEW



TRAVEL SERIES..... POPCORN INCLUDED AMERICA'S GREAT ROAD TRIPS AND SCENIC DRIVES

WITH STUNNING DVD IMAGES ON A BIG SCREEN
WITH SENSATIONAL SOUND

with host Steve Lemon

Register for this interesting, informative and colorful new series which will meet on Mondays from 1:30 p.m. – 3:00 p.m. The programs will run 75 minutes in length and cover various exciting travel destinations. Our first series will highlight America's great road trips from the east coast to the west coast. Included in the series are:

Eastern Seaboard from Maine to Key West

Drive along Maine's rocky coast, stopping at mighty Niagara Falls, back roads through Vermont, follow the misty Blue Ridge Parkway into the Great Smokey Mountains National Park and bridging the bluegreen waters around the Florida Keys

January 22 -333333-A1

Bridges of Madison County from Texas to Yellowstone

Visit the Ozarks, Big Bend, Texas, Bryce Canyon, Arches National Park, Monument Valley, Mesa Verde, Durango and Telluride, Badlands National Park, Mount Rushmore, Glacier National Park and Yellowstone.

February 26 – 333333-B1

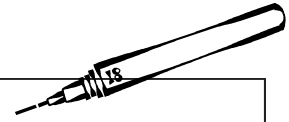
Go West Dear Folk from Arizona to Alaska

See the Hawaiian Islands, Grand Canyon, Big Sur, Yosemite, Eureka, CA; Redwood National Park, Crater Lake, Oregon; Mount Ranier, Olympic National Park, Alaska's Seward Highway, Kenai Peninsula.

March 19 – 333333-C1

THERE IS NO FEE FOR THESE PRESENTATIONS BUT
ADVANCED REGISTRATION IS NECESSARY

Special notice....



WRITING YOUR PERSONAL HISTORY FOR THE MORE INDEPENDENT WRITER

Coordinators: Herman Carter and Pat Lavey
The Fall-Winter session of this class is completely filled.

The next registration for this class will be for the Spring-Summer session.

The session will begin the first Thursday in April. Registration for that session will begin On February 3rd for In-town of Vienna residents and February 9th for Out-of-Towners. Check our spring catalogue to enroll.

MEMOIR WRITING WITH AN INSTRUCTOR

Check the spring catalogue due out the last week in January for details about course options.

COMING THIS SPRING!!!

ON LINE REGISTRATION

CLASS REGISTRATION DATES

Town of Vienna Residents

Walk-in/Mail-In: Begins October 28

8:00 a.m. - 11:00 a.m.

Non-Residents

Walk-in/Mail-In: Begins November 3

Mature Adults



MATURE ADULTS

DROP-IN RECREATIONAL PROGRAMS AND ON-GOING MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on holidays and on various other dates designated in the Town of Vienna Brochure. It is the responsibility of all drop-in participants to keep brochures handy to note when classes do not meet. Keep in mind there are not classes on Thanksgiving, Christmas and New Years.

BLOOD PRESSURE CHECKS

Nurse: Joan Brown

Second Wednesday of Each Month
– 10:45 A.M. - 11:30 A.M.

No Reservation is required. Simply drop-in for a check-up in the senior lounge.

- . Wednesday – December 13
- . Wednesday – February 14
- . Wednesday – January 10

SENIOR FITNESS

Instructor: Betsy Butzer
Tuesdays and Thursdays
11:00 a.m. – 12:00 p.m.

This program will include cardio, weightlifting, stretching and abdominal mat exercises designed to aid the participant in building physical endurance to a level where participation in more strenuous activities such as hiking, biking, golfing, dancing, badminton, and ping pong may be enjoyed. As with any exercise program, please consult your doctor before joining class.

PICKLEBALL

Coordinator: Group Run

Mondays, Wednesdays and Fridays
11:00 a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton and is played indoors. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of players. Newcomers are always welcomed.

TABLE TENNIS

Coordinator: Group Run
Thursdays

8:00 a.m. – 9:00 a.m.

Join us for table tennis every Tuesday and Thursday from 8:00 a.m. - 9:00 a.m. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members.



GAMES FOR ALL

Coordinator: Group Run
Fridays - 1:00 p.m. – 4:00 p.m.
From dominoes to scrabble to checkers to chess, whatever game you would like to play simply show up at the center and play a game, as you make new friends. You may bring along your own board or card games and share them with others. Some games are supplied.

CANASTA

Tuesdays

1:00 p.m. – 4:00 p.m.

What is Canasta? There are four players in fixed partners sitting opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. There is a "Canasta Packet" for newcomers to use as a learning tool. There will be no formal instructor but there will be seasoned players willing to help. This program is a drop-in program. Come out and make new friends as you play the game of Canasta.



MAH JONGG

Coordinator: Group Run

Thursdays - 1:00 p.m. – 4:00 p.m.

Mah-Jongg was first played by the ruling class of china and dated back to the time of Confucius. This game was introduced into the United States back in 1920. To play is free of charge and the first Thursday of each month is for beginners. All abilities are welcome. No registration just show up and play with us.



SEE PAGE 7
FOR MATURE
ADULT TIRPS



MATURE ADULTS



LEGAL PRESENTATIONS

DROP-IN LEGAL SEMINARS WITH DAVID HOFFMAN, J.D. Wills, Trusts & Estates
THESE PROGRAMS MEET ONE MONDAY OF EACH MONTH - 10:00 A.M. – 11:30 A.M.
PROGRAMS REQUIRE NO REGISTRATION AND THERE IS NO FEE.
SIMPLY MARK THE DATES ON YOUR CALENDAR AND ARRIVE PROMPTLY.

WHAT TO FEED A LIVING TRUST

Monday - December 11 - 10:00 a.m. – 11:30 a.m.

You have probably heard about living trusts. Maybe you've even heard that they can avoid probate, save taxes, prevent guardianships and live on long after you're gone. But how do you make it "live" in the first place? Knowing the answer to that question can mean the difference between a perfect estate and utter chaos. This 90 minute lecture covers the use, care and appetites of Living Trusts. "Topics include: funding your trust; what bankers don't know; trusts and mortgages, record keeping; making amendments; taxes, trusts and the IRS and more.

WHY GOOD WILLS GO BAD

Monday - January 8 - 10:00 a.m. – 11:30 a.m.

Some wills just won't do their jobs. Is it any wonder? Shoved in drawers, locked-up in banks, pressed into the pages of dictionaries "between *wile* and *willful*, the pitiful will is all but forgotten and somehow expected to make up for non-existent financial records, uniformed children, out-of-date bequests and ever-changing tax laws. Presented for the benefit of people with wills and people without them, "Why Good Wills Go Bad" is an eye-opening 90 minutes of common sense, common errors and a common need to follow through. Topics include: a review of Virginia Will Law; organizing your assets; when to change your will; talking to your executor; reducing probate; will copies; do-it-yourself tax plans and more.

THE NEW VIRGINIA TRUST LAW

Monday - February 12 - 10:00 a.m. – 11:30 a.m.

You have probably heard about living trusts. Maybe you've even heard that they can avoid probate, save taxes, prevent guardianships and live on long after you're gone. But how do you make it "live" in the first place? Knowing the answer to that question can mean the difference between a perfect estate and utter chaos. This 90 minute lecture covers the use, care and appetites of Living Trusts. "Topics include: funding your trust; what bankers don't know; trusts and mortgages, record keeping; making amendments; taxes, trusts and the IRS and more.

CLUBS AND ASSOCIATIONS

The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

AMERICAN ASSOCIATIONS OF RETIRED PERSONS (AARP)

**Group Coordinator: Norman E. St. Louis
703-281-1252**

AARP holds a luncheon the first Monday of each month and a business meeting the third Monday of each month at 12:30 p.m. in The Vienna Community Center Auditorium.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE)

**Group Coordinator: Carolyn Buttolph
703-242-6681**

NARFE meets the first Tuesday of the month at 1:30 p.m. in The Vienna Community Center Auditorium.

50-90 CLUB

Group Coordinator: Paul Schmitt - 703-255-4743

This group meets the third Saturday of each month for dinner and a special program at 5:00 p.m.

THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Elly Mehl - 703-938-7336

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.– 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

Mature Adults